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ERASMUS-SPORT-2021-SSCP

Erasmus Mundus, Sport

PROJECT

Water adventure games for families

WAG4F-101049579

01.05.2022 – 31.10.2023

Beneficiary:

Consult Group Association, Bulgaria

Partners:

Water and rowing club - Bononia, Bulgaria

Calafat – Duiven Association, Romania

Vega Youth Center, Serbia

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MODEL OF Adventure racing /WATER TRIATHLON/



General rules for adventure games

Adventure racing rules vary by race and discipline. However, in practice, all competitions have and include several basic rules and requirements:

- no motorized travel;
- missing navigation;
- teams must travel and move together throughout the race, usually within 50 meters of each other;
- no outside assistance is permitted except in designated transition areas (assistance from competing teams is generally permitted at any time);
- teams must wear all mandatory equipment.



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A. Organizational meeting

Usually, competitions include an organizational / technical / meeting either the night before or the morning before the competition. At this meeting, the disciplines are presented to the participants. In sprints, competitors can follow a pre-marked course. For longer races, racers may receive maps marked to show control points ("CPs"), or racers may simply receive a topographic map and coordinates (usually UTM coordinates) that show where the CPs will be found. Special rules, last



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B. Checkpoints

Competitors must visit a series of checkpoints or checkpoints (CPs), usually in a specific order.

C. Transition zones

Most races include one or more staging areas that teams can visit to restock. Usually, the teams switch in them to another mode of travel in a transition zone, changing the stop or the technical means. For example, teams finish the running part of the race and switch to mountain biking in a transition zone. Shorter races often have one transition area that teams can visit multiple times during the event. Teams will leave food, water, rowing and cycling gear, fresh clothes and any other items they may need during the race. Longer races have multiple transition areas. Equipment is transported either by support crew (provided by the team) or by race personnel.



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D. Inspection of facilities and equipment

Virtually all adventure races have mandatory gear that must be worn during part or all of the race. Competitions often include mandatory pre-race equipment checks by technical staff and can result in harsh penalties or disqualification if a team does not have the required equipment. In addition to pre-race facility checks, many organizers also include equipment checks at the event. This helps ensure that teams that start the race in this approved gear will finish it in the same. Adventure racing attracts people of many different abilities. To make the sport more inclusive, many organizers also run a 'short distance' race¹ to allow competitors who miss mandatory timeouts to continue racing on a course with reduced length. These contestants will thus earn an official ranking for the final, but will be unranked and ineligible for prizes. Some races allow teams to miss certain CPs but receive timed penalty laps (which often have to be "announced" during the race).



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3. Joint activity – teams

Most adventure races are team races, depending on the nature of the event and the length of the course usually involve a certain number of teammates (usually four or five) and require teams to be made up of a team. Many racers find the team aspect of adventure racing to be one of the most enticing and demanding aspects. Teams usually elect a team captain and designate a team navigator. Teams have different views on the functions of each of these positions, with some teams having very small structure, while others assign specific rights and responsibilities to each of these individuals.

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So much for the general rules and requirements for adventure games, which we must comply with and include in our events, using the specifics of the project - Water adventure games for families In our adventure game models, we will feature a minimum of three water sports (swimming, rowing or canoeing, and watercraft/sub, dragon boat or sailing). We will create and standardize rules for evaluating and ranking participants in adventure water games.



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4. Sports disciplines

Boat racing and boating is a sport in which boats or other types of watercraft are raced on water. The first oar-powered boat race is recorded in ancient Egypt, and it's likely that humans have been participating in boat races and other aquatic events for as long as such vessels have existed. There are three broad categories of boat racing that determine how the vessels are propelled. Self-propelled, human-powered boats and boats with wind (sailing) and motorized, often called motorboats or powerboats. We will focus on human-powered self-propelled boats;

In our model, we propose that the first competition be held in the water slalom discipline with a sub board.



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SUP boards, SUP board, surf board. High pressure inflatable board. SUP – from Stand Up Paddle Board, is perhaps the most casual form of surfing. What you need is a board and an oar, from there you don't need any physical training or special forecast - as long as there is a body of water around you. The board is long, similar to a longboard, with one or three fins at the back. The roots of SUP are Hawaiian - as far back as the 1950s, surfers used large boards by standing upright on them, moving with the help of a paddle to have more visibility over their students and their surroundings.



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I. SUP BOARD COMPETITIONS

The competition will be in the following disciplines:

- 1. water slalom; a competition that is part of the Youth Olympic program. The race is a parallel start of two teams with participants competing to cover a distance faster with obstacles to avoid. The start is made from ramps from which they descend into the water, and the course has many left and right turns, where participants can demonstrate strength and technique to cope with the difficulties. The competition is suitable for teams and children up to 17 years of age and does not require specially adapted equipment/sup boats/ or so-called slalom kayaks.*



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Technical specifications

Technical requirements

Each competitor completes a course of 200 meters (100 meters in each direction) with a turn, with competitors slaloming between buoys arranged along the course at a distance of 25 meters (10 pieces). The turn will be marked by three larger water buoys. It starts from a specially prepared three-meter high trestle, each competitor participates with his own sub board, provided by the organizers.

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Equipment required

- 1. route marked with buoys*
- 2. start and finish line*
- 3. timing*
- 4. judges on the course and at the start/finish*
- 5. sub board for each participant, minimum 6 pieces*



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Evaluation and ranking of participants:

The competition is time-based, with the top-ranked team taking first place, and the others ranked in descending order.

The draw will be made on the evening of the technical conference, with each team declaring its name under which it will compete in the slalom. The competition is held on the principle of the last to cross the finish line, the final time is counted. After each race, competitors and spectators will ride together to promote water sports.



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2. Competition with a sub board in the form of an eight in the discipline of 200 meters international.

On a pre-prepared course with figure-of-eight buoys, competitors will participate on the principle of elimination. The departure is from the same point in two different directions, after passing through a straight section and two turns the winner is considered to be the first to arrive at the starting point. The competition is separate for each team. We also attach a diagram of the route:



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Technical requirements

Each participant in the race traverses a course of 200 meters (100 meters in each direction) with a turn, with the competitors slaloming between the buoys arranged along the course at a distance of 25 meters (5 pieces). The turn will be marked by three larger water buoys. It starts from a specially prepared flyover, each competitor participates with his own sub board, provided by the organizers.

Equipment required

- 1. route marked with buoys*
- 2. start and finish line*
- 3. timing*
- 4. judges on the course and at the start/finish*
- 5. sub board for each participant at least 6 pieces*

The lottery for participation will be drawn in advance at the technical conference, and participation is according to the scheme attached below.

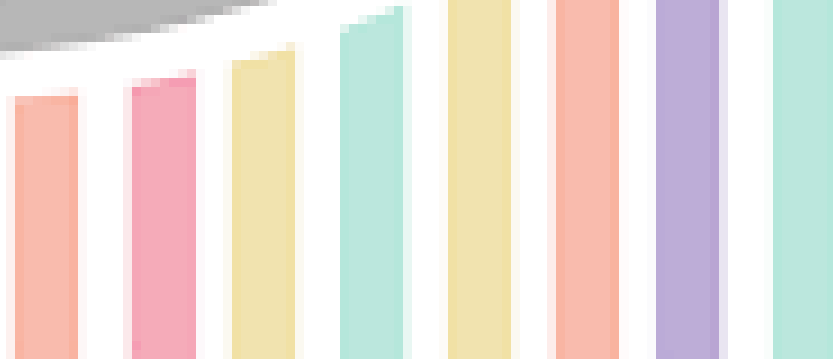


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Evaluation and ranking of participants:

The competition is individual for families and is by elimination. The competition is held according to a pre-drawn draw scheme, with the best-placed team receiving first place, and the rest being ranked in descending order.

The draw will be made on the evening of the technical conference, with each team declaring its name under which it will compete in the slalom. The competition is conducted on the principle of elimination. After each race, competitors and spectators will ride together to promote water sports.



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END the part 2

THANK YOU FOR YOUR ATTENTION

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